

Help With a Shift in Perspective?

Posted by workingonme - 11 Jun 2012 22:28

i've been fighting this battle for a few years now with little success. Not much has changed in terms of my reactions to a test in this area or my desire to kick it. i know i want to fight and be successful in this area, but i dont know how to nurture that idea so that it moves from a simple concept to something that i live every day.

i've stumbled across a possible source for why i dont think i'm growing in this area: i dont think of looking at pritzus or being mz"l as an aveirah or as an inhibitor to my connection with Hashem. I guess i'll elaborate a bit. I'm 20 now and come from a non-frum family and background (getting religious over the past 5 or so years). While this is not an excuse by any means, it has affected my avodas Hashem in many ways, some good and some bad. For instance, i certainly feel an excitement about avodas Hashem that i might not have if i was raised frum. But my background also leaves me with stark lack of education in regards to perspectives on certain issues, especially this area.

The more i've thought about it over that past few weeks, i realized that until now i havent thought of being mz"l as an averah, but i do see something wrong with it. However, i think this is more a product of western society's viewpoint on sexuality. In my early teens, i didnt look at porn on the internet or at all because it was taboo. it was a subject no one *ever* spoke about with me and i never spoke about with anyone. That worked fine until the hormones of teenage life kicked in and then i started looking around. But as i got older and more religious, this area just stayed as taboo and the mindset of "as long as you dont affect anyone else, its okay" stayed with me and besides for a sense of guilt, i just continued on my way down this destructive path...

i know that this is an aveirah but *knowing* information and **living** based on that information are two completely different things. so i guess what i'm looking for is just some feedback on how i go about shifting my perspective on this area and i guess connecting with Hashem in general....

i know its gonna be work, but what else are we here for?

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Re: Help With a Shift in Perspective?

Posted by Watson - 29 Jan 2015 03:49

I love chapter 4 of the 'Twelve Steps and Twelve Traditions.' To introduce step 4 he writes a short essay on the human condition. In short he writes that we have all been given certain instinct by G-d that serve a purpose. However they become a problem when they are misused or overindulged.

"Nearly every serious emotional problem can be seen as a case of misdirected instinct."

Yes we have been given an instinct for sex, without it the human race would not continue. But when this instinct is misdirected or overindulged it can cause problems.

Also to share on what others have said, I am noticing more and more how I lust when I feel sore over something. I always thought I just got the feeling every so often, randomly. I was just feeling lustful that day. Now I notice much more how when my boss chews me out in the morning I feel like fantasising over my co-worker in the afternoon. When my wife gets upset with me I feel like watching porn. It was never random. I was using lust as a drug to cover over the feeling of being inadequate, unworthy, alone and afraid.

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Re: Help With a Shift in Perspective?
Posted by Dov - 24 Mar 2015 02:09

[shomer bro wrote:](#)

The "need" to release is usually an effect caused by something in our lives. It could be stress, anger, loneliness, boredom, etc. But it in and of itself is not a need in our lives. Rather, it's an indication of something else that's either lacking or off kilter in our lives.

So if that's the truth about you (and me) what are you doing about it?

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Re: Help With a Shift in Perspective?
Posted by shomer bro - 24 Mar 2015 12:37

Staying busy, seeing a therapist, going to a weekend workshop, etc.

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